

WEST NILE VIRUS



West Nile Virus is a virus that is spread by the bite of an infected mosquito. The mosquito contracts the virus from an infected bird. Most people who become infected with the virus have no symptoms at all, while others may have mild illness such as fever, headache and body aches. In some people, particularly the elderly, the virus can cause serious illness that affects the brain tissue.

Avoiding Mosquito Bites

- ▲ Avoid being outdoors during evening, night and dawn hours when mosquitoes are most active.
- ▲ Wear protective clothing, such as long pants, long-sleeved shirts, and socks if outside.
- ▲ Consider using an insect repellent containing 10% or less DEET for children, and no more than 30% DEET for adults. Follow the manufacturer's directions.

2003

Photos by James Gathany, CDC

NH Office of Community & Public Health
Bureau of Communicable Disease Control
800-852-3345 ext. 4496
603-271-4496

Enjoying The Great Outdoors



Field Guide to
Ticks and Mosquitoes

FOLD

CONTACT

Stephen Tomajczyk, PIO
NH Department of Health and Human Services
129 Pleasant Street, Brown Bldg 4W
Concord, NH 03301
603-271-4462



American Brown Dog Tick



Black-Legged Tick ("Deer Tick")



Lone Star Tick

Avoiding Tick Bites

- ▲ Stay on trails outdoors; avoid areas of overgrown brush and tall grasses.
- ▲ Wear light-colored clothes so ticks can be easily seen.
- ▲ Wear a hat, long-sleeved shirt and long pants tucked into boots or socks.
- ▲ Check yourself often for ticks.
- ▲ Use insect repellent containing DEET or permethrin (follow directions).

Is It A Tick Bite?

- ▲ **Spider Bite** – Several fluid-filled bumps appear at the site of the bite.
- ▲ **Tick Bite** – The bite is hard, itchy, and forms into lumps. A red, rash-like halo surrounds the bite and then slowly spreads outwards.

Removing An Attached Tick

- 1** Remove the tick promptly. The sooner you remove it, the less chance of infection.
- 2** Use tweezers to grasp the tick's mouthparts at the surface of the skin.
- 3** With a steady motion, gently pull the tick straight out.
- 4** Wipe the bite area with an antiseptic, or wash with soap and water.
- 5** Be alert for symptoms of illness over the next 7-10 days.

-
- ▲ **DO NOT** squeeze the tick.
 - ▲ **DO NOT** rub petroleum jelly on the tick.
 - ▲ **DO NOT** use a hot match or cigarette.
 - ▲ **DO NOT** pour kerosene or nail polish on the tick.
-

Diseases Spread By Ticks

Ticks can transmit Babesiosis, Ehrlichiosis, Lyme Disease and Rocky Mountain Spotted Fever. Symptoms vary by disease, including fever, chills, and fatigue. For Rocky Mountain Spotted Fever, a rash appears on the palms and soles of the feet, and spreads to much of the body.

FOLD

CONTACT

Stephen Tomajczyk, PIO
 NH Department of Health and Human Services
 129 Pleasant Street, Brown Bldg 4W
 Concord, NH 03301
 603-271-4462